

Simply Asia w/ Teriyaki Chicken

Serves 4

- 1 Box Simply Asia
- 4 Precooked & frozen Teriyaki chicken breasts (from Costco)
- 1 bunch green onion
- ½ c. shredded carrots (prepackaged at Trader Joes)
- Packets of soy sauce for addition seasoning

Prep: Prior to camping trip:

Cut frozen chicken breasts into bite size pieces and place in a zip lock freezer bag. Hold in freezer until you are ready to leave for the trip. After hiking all day the chicken should be thawed just in time for dinner.

Dice green onions and place in baggie

Shred carrots using a large grater or buy the pre shredded carrots, place ½ cup in baggie.

Cooking instructions:

Follow directions on the box for Simply Asia, after you drain the noodles, put the thawed chicken and shredded carrots in the pot with the noodles and sauce. Stir to mix well and replace lid for 3 minutes to heat the chicken. Serve in bowls; sprinkle the topping packet and the green onion. Additional soy sauce packets if you would like.

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Shopping List based on 4 servings:

- 1 box Simply Asia, any flavor
- 4 precooked teriyaki chicken breasts
- 1 bunch green onions
- 1 large carrot or packaged shredded carrots
- Soy sauce packets

Couscous w/ Smoked Salmon and Capers Hummus w/ Tandoori Bread

1 ½ c Water
1 c Couscous
1 T. Olive oil
4 oz. Smoked Salmon, broken into pieces
¼ c Capers, drained
Salt & pepper to taste

Prep: Prior to camping trip:

Fill a small 2oz. Squeeze bottle with olive oil.
Put capers in a small zip lock bag.

Cooking instructions:

Bring 3 cups of water to boil. Pour 1-½ cups of boiling water into container to use for the humus. Add couscous to the remaining 1-½ cups boiling water in the pan and stir. Cover; simmer for 2 minutes or until all the water has been absorbed. Add olive oil and salt and pepper. Stir to mix well. Add smoked salmon chunks and capers and stir.

Hummus w/ Tandoori Bread

1 Original Hummus instant box mix (made by Fantastic World Foods)
4 Slices of Tandoori bread
3T. Olive oil

Prep: Prior to camping trip:

Wrap tandoori bread in 2 layers of foil,

Cooking instructions:

Place foil wrapped Tandoori bread near the fire to warm.
Follow recipe on the box to make the Hummus.

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Shopping List based on 4 servings:

Couscous
Olive Oil
Smoked Salmon – 4 oz.
Capers ¼ cup

Hummus – instant box mix by Fantastic World Foods
Tandoori bread

Sesame Ginger Chicken
Serves 4

1t Ginger powder
1/2t Garlic powder
2T Sugar
1/2t Crushed red pepper flakes
½ c Soy sauce
1 ½ c Water
4T Peanut oil
6T Sesame butter
1c Cashews, raw
Noodles for 4
Foil pouch chicken
Freeze dried peas

Prep: Prior to camping trip:

Combine ginger, garlic, sugar and red pepper flakes in a zip lock bag.

Cooking instructions:

Bring pot of water to boil for the pasta. Cook and drain noodles.

In another pot combine soy sauce and water and heat. Stir in spice-sugar mixture; simmer for 5 minutes. Stir in oil, sesame butter, peas and cashews. Simmer until thick. Toss with the pasta and chicken.

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Shopping List based on 4 servings:

Soy sauce
Peanut oil
Sesame butter
Cashews, Raw
Pasta – quick cooking like Angel Hair
Chicken, precooked in a foil pouch 1 per person
Peas, freeze dried, available at REI

Zatarain's Gumbo Pasta & Sausage

Serves 4

- 1 Zatarain's Gumbo Pasta Dinner box mix
- 1lb. Summer sausage
- 1 Green or red pepper (optional)
- 1T. Vegetable oil
- 2 $\frac{3}{4}$ c Water

Prep: Prior to camping trip:

Fill a small 2 oz squeeze bottle with vegetable oil.

Cooking Instructions:

Put 2 $\frac{3}{4}$ cups water and Gumbo mix in a pot. Stir thoroughly to avoid lumps. Bring to a boil. Reduce heat, cover and simmer for 15 minutes. Stir occasionally. While pasta is cooking, slice the sausage and pepper if using. Remove the pasta from heat after 15 minutes, Add the sausage and pepper. Replace lid and let stand for 5 minutes. Stir before serving.

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Shopping List based on 4 servings

- 1 box of Zatarain's Gumbo Pasta Dinner Mix
- 1lb. Summer sausage
- 1 Green/Red pepper if using

Spaghetti Dinner

Serves 4

- 1 Pkg. quick cooking spaghetti noodles
- Water for cooking noodles
- 1T. Salt
- 1 Pkg. Spaghetti Sauce mix
- 1 6 oz. Can tomato paste
- 1T. Olive oil
- ½ lb. Sausage – precooked and frozen or Trader Joes meatballs
- Parm. Cheese
- Rolls – Garlic butter option*

Prep. Prior to camping trip:

Depending on the type of meat used, prepare and freeze. Leave in the freezer until you are ready to leave for the trip.

Cooking Instructions:

In a small pan make the spaghetti sauce according to directions. Add thawed meat (if your using) to the sauce to heat, while the sauce is cooking. In another larger pan boil enough water and 1T. salt, to cook the noodles. When noodles are done, drain noodles and pour spaghetti sauce and meat into the noodles and toss to coat. Serve with cheese and rolls*.

*Option – Garlic butter for the rolls. Mix garlic and butter together and butter rolls prior to leaving town. Wrap rolls in foil. While cooking the spaghetti, place the foil wrapped rolls near the fire to heat and melt the butter.

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Shopping List based on 4 servings

- 12-16oz. Pasta, (angelhair cooks quickly)
- 1 pkg. Spaghetti Sauce mix (check the instructions to make sure you have the ingredients you will need.)
- 1 6 oz. Tomato paste
- ½ lb. Meat; sausage or meat balls
- Dried parm. cheese
- Rolls

Nutty Thai Noodles

Serves 4

- 1 Pkg. quick cooking spaghetti noodles (thin spaghetti or vermicelli)
- Water for cooking noodles
- 1T. Salt

- 2T rice vinegar
- ¼ cup soy sauce
- 2T dark sesame oil
- 1/3 cup chunky peanut butter
- 2 teaspoons bottled minced garlic
- ½ teaspoon crushed red pepper flakes
- 1 teaspoon ground ginger

Chicken-2 packages (optional)
Extra peanuts—unsalted-1 cup (optional)
Rolls (optional)
Carrots-5 per person

Prep. Prior to camping trip:

Combine the rice vinegar, soy sauce, chunky peanut butter, minced garlic, red pepper flakes and ground ginger in a plastic container (like a Gatorade package). Mix well.

Cooking Instructions:

In large pan boil enough water and 1T. salt, to cook the noodles. When noodles are done, drain noodles and pour peanut sauce and peanuts into the noodles and toss to coat. Serve with rolls and carrots.

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Shopping List based on 4 servings

12-16oz. spaghetti or vermicelli

Check pantry/fridge for: Rice vinegar soy sauce, dark sesame oil, chunky peanut butter, minced garlic, red pepper flakes, ground ginger. You may not need to buy these because you only need small amounts.

2 pkgs Chicken

20 Carrots

1 C Unsalted peanuts

4 Rolls